

# LONDON metro®

**\$30,000,000**  
estimated

LOTTO  
**649**

**Wednesday's  
Jackpot**



## Brands flex funny bones

WestJet, Toronto Transit Commission, Lululemon and Boston Pizza among companies who unveiled mock ads for April Fools'

PAGE 5

## Humans. Ew.

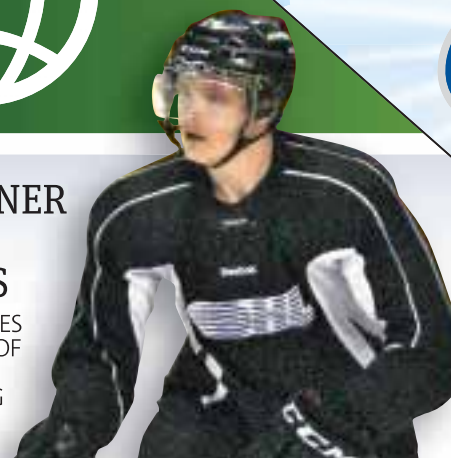
Author Mary Roach takes on the gloppy, sticky part of digestion in her latest squirm-inducing book on the human body, *Gulp: Adventures on the Alimentary Canal*

PAGE 10

## KNIGHTS BLUELINER GETS SIGNED TO THE BIG LEAGUES

DEFENCEMAN TOMMY HUGHES BECOMES NEWEST MEMBER OF THE NEW YORK RANGERS ORGANIZATION AFTER INKING A 3-YEAR ENTRY-LEVEL CONTRACT

PAGE 14



## FARMZ ON WHEELZ

Alex Khayat, 4, of London, unveils a fresh find from an interactive station at the new Farmz on Wheelz exhibit at the London Children's Museum. The exhibit, on loan from Farm and Food Care Ontario until June 2, teaches children how modern science and technology is used on farms. Kids can catch a glimpse of everything from a manure biodigester that powers an iPod to how farms play a role in things like violins and toothpaste. MARK SPOWART/FOR METRO

# New tuition framework gets universal 'meh'

**Post-secondary education.** Province meets student advocates, school administrators in the middle by capping annual increases at 3% through 2016-17



**JOHN MATISZ**  
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It's not a touchdown. But it's also not a fumble.

The Ontario government's new framework for post-secondary tuition is just sorta OK, student advocates and some school administrators say.

Neither side got exactly what they wanted.

Instead, the new framework — the first since 2005 — meets both parties in the middle, capping annual increases at three per cent through 2016-17.

Universities and colleges, including Western, had been lobbying to maintain the existing cap — five per cent. Students had been calling for a one-year freeze with future hikes no higher than infla-

### The tuition conundrum

- Post-secondary students in Ontario face highest tuition in the country (average is \$7,180, compared to \$5,581 elsewhere).
- Post-secondary schools in Ontario receive per-student funding that is about 25 per cent below the national average.

Sources: Statistics Canada and the Canadian Federation of Students-Ontario

tion.

Keith Marnoch, Western's director of community and media relations, made note of the government's middle-of-the-road approach.

"We didn't quite make it with this, but, again, we acknowledge that the government did listen to everybody," he said.

Still, the government's plan, released last week, puts administrators behind the proverbial eight ball, Marnoch said.

Tuition accounts for about half of universities' operating

revenue and lowering the cap on increases comes on top of previously announced cuts to grant funding schools get for each student.

Western, for example, is set to get \$40 million less in 2013.

In 2014, they'll see an \$80 million drop compared to 2012.

At some point, something has to give, Marnoch said.

"We'll have to really consider what kind of things we can do to keep pace with what we're offering presently," Marnoch said.

He couldn't provide specifics on what kind of offerings could be at risk.

Adam Fearnall, president of Western's student council, said advocates are "happy to see some progress has been made."

Reducing annual tuition increases "bodes well for the future."

The student experience, he said, shouldn't suffer in light of reduced government funding.

Instead, efficiency should balance things out.

"We think there are ways we can look at cost-efficient ways of increasing quality within the system," he said.



## April snow? No fooling!

A man makes his way along a bike path Monday afternoon as a heavy snow squall blows through downtown. Mother Nature's version of an April Fools' Day joke? Maybe, but she's got a few more tricks up her sleeve. Flurries are in the forecast again for Tuesday. Thursday is expected to be the nicest day of the week with Environment Canada calling for a high of 7 C. London ended March with an average high of 2 C, compared to the average 14 C recorded last year. MARK SPOWART/FOR METRO

## Man charged. Blow to head likely cause of one death in double homicide: Police

One of the men found dead Saturday in a west London apartment building died of "blunt-force head injuries," police said Monday.

The details were released after a post-mortem was completed on Kevin David Wakely, 40, of London.

Police have not released details about a second man found dead inside the apartment at Fiddlers Green Road and Oxford Street West. A post-mortem is scheduled for Tuesday.

Jason Cleveland, 38, of London, is charged with two counts of second-degree murder and committing an indignity to a human body. He is expected to appear in court Tuesday.

Cleveland spent six years behind bars after pleading guilty to manslaughter in the 2003 death of his business partner, Mark Masotti.

Cleveland hit Masotti on the head with a hammer in what he claimed was self defence.

Lawyer Gord Cudmore represented Cleveland in that case and has been retained for the new charges.

Cudmore said he won't ask that Cleveland be released on bail.

"No, not on those charges, at least not initially," Cudmore told Metro. "He is entitled to a bail hearing, but we won't be bringing it up so soon."

MARK SPOWART/FOR METRO

# A business incubator for social change

**Solutions to 'shift the system.'** Innovation centre could spark partnerships that will make London a better place to live, leaders say

MARK SPOWART  
london@metronews.ca

Imagine a shared work space with hundreds of different companies, all looking to make sure they have a positive impact on the community.

Within the walls, there's a mix of social entrepreneurs. Non-profit and for-profit enterprises are able to form partnerships to provide economic benefit and spark change in the community.

What exactly would you call that?

Michelle Baldwin, executive director at Pillar Non-profit Network, and Sean Quigley, executive director of Emerging Leaders, think they've got the answer — a "social innovation centre."

And, they want one to open in London.

Over the next two months, Baldwin, Quigley and others with skin in the



Michelle Baldwin  
MARK SPOWART/FOR METRO

game plan to put the finishing touches on a business plan for the centre. It's a plan that's been a long time in the making, Baldwin said.

"We have been dreaming about this for a while here in London," she said. "It works best when you take a bunch of diversified groups and organizations and you put them together. They start thinking about some of the biggest issues facing our community, and they start to come up with solutions that are pretty innovative and can really shift the system."

The centre would have many different tenants.

"Entrepreneurs, not-for-profits, social entrepreneurs, regular anchor busi-

### At a glance

- More than 130 people have attended three "design jams" indicating they would be interested in seeing a social innovation centre open in London.
- The London Community Foundation and the United Way have already agreed to provide funding for the initiative.

nesses, all can be part of this mix. It is social in that we are together, co-operating in the space at the same time and that we have the opportunity to drive bigger outcomes and bigger impacts for the community," Quigley said.

Leaders of the effort are using the Centre for Social Innovation in Toronto as the "gold standard." The Toronto centre has been so successful that a branch is opening this week in Manhattan.

"I have watched what has happened there, and they are not just thinking about Toronto," Baldwin said. "They are thinking about the whole world and partnerships there."

### Fanshawe College

## Spotlight on student research

Some of Fanshawe College's best and brightest will be on display during Wednesday's Student Research and Innovation Day.

Work from 26 student teams will be included with prize money up for grabs, including a People's Choice Award worth \$250. Projects range from those centred around digital media to those focused on search-engine marketing.

The event runs from 1 to 5 p.m. in the James A. Colvin Atrium. METRO

## Grand prize of \$10,000. Outstanding caregivers sought for awards

Know a caregiver who would put a little extra cash toward a good cause?

Canada Cares and We Care Home Health Services

### Online

To learn more about the Canada Cares Caregiver Awards or to nominate someone, visit [canadacares.org](http://canadacares.org).

want to know about them.

The groups — a non-profit and an in-home care provider — have teamed up to offer special awards and a grand prize of \$10,000 to a caregiver deemed the cream of the crop.

The money is aimed at making a special wish come true.

The initiative will officially launch Friday to mark National Caregiver Day.

METRO



## India. Rapes and murders are scaring off foreign tourism: Study



Foreign tourists offer flowers in remembrance of an Indian woman murdered on a New Delhi bus. MANISH BHANDARI/THE ASSOCIATED PRESS FILE

The rape and murder of a woman in New Delhi in December followed by two attacks on foreign female travellers has altered how tourists view India and led to a sharp fall in the number of foreign tourists, a new study says.

In the three months since that attack, the number of foreign tourists has dropped by 25 per cent, according to the Associated Chambers of Commerce and Industry in New Delhi. The number of female tourists has dropped by 35 per cent.

Decrease

25%

The drop in foreigners travelling to India in the three months since the rape and murder of a woman on a New Delhi bus.

According to the study, nearly 72 per cent of tour operators said cancellations of holiday bookings came mostly from female tourists from western nations.

THE ASSOCIATED PRESS

# Tourists beaten, one sexually assaulted aboard van in Rio

Rio de Janeiro, Brazil.

Two arrests made after foreigners were held in public van for six hours

Two foreign tourists were held for hours, brutalized and one of them sexually assaulted aboard a public transport van in Rio de Janeiro's Copacabana beach neighbourhood, police said in a statement.

Two men aged 20 and 22 have been taken into custody and a third is being sought in connection with the incident, which saw the tourists held for around six hours starting shortly after midnight on Saturday,

police said.

According to the statement, the suspects forced other passengers to get out of the van and then sexually assaulted the female. During the alleged assault, the tourists were driven to the poor suburban neighbourhood of Sao Goncalo, where the two suspects were apprehended.

The victims' nationalities have not been released, but local media reports have said the woman is American. Reports said the two had been studying Portuguese in Rio for about a month and that both left the country following the incident.

The statement said one of the victims' cellphones was found in the suspects' possession. The suspects had

Posited motive

"The characteristics ... lead us to believe that they wanted to have a 'party of evil'."

Commanding officer Alexandre Braga, who heads the Rio police unit specializing in crimes against tourists.

Travel destination?

The incident raises new questions about security in Rio, which has cracked down on once-endemic drug violence in preparation for hosting future events.

- **Rio's schedule.** The city will play host to World Youth Day, a Roman Catholic pilgrimage expected to draw

some 2 million people in late July; next year's soccer World Cup; and the 2016 summer Olympic games.

- **Statistics.** In Brazil, more than 5,300 cases of sexual assault were reported between January and June 2012, according to the country's Health Ministry.

also used a debit card belonging to one of the victims at two gas stations, the statement said.

The Globo television network broadcast surveillance camera images of two men filling up the van and showed police images of a metal bar the suspects are thought to have used to beat and intimidate the victims.

The victims identified the two suspects, and a Brazilian woman has said she'd also been assaulted by the pair

on March 23, the statement said.

In a Globo interview, commanding officer Alexandre Braga, head of the Rio police unit specializing in crimes against tourists, said the suspects had gone on a sex crime spree.

"The principal motive appears to have been the satisfaction of their lust," Braga said, adding that the robbery and other crimes appear to have been "secondary."

THE ASSOCIATED PRESS

## France considers widening its ban on religious garb



A vendor sets up his stall on the first day of the 30th annual Meeting of Muslims in France, Europe's largest Muslim convention, on Friday in Le Bourget. REMY DE LA MAUVINIÈRE/THE ASSOCIATED PRESS

French President Francois Hollande wants a new law that could extend restrictions on the wearing of prominent religious symbols in state jobs into the private sector. His new tack comes after a top French court ruled in March that a day-care operator that gets some state funding unfairly fired a woman in a headscarf, sparking a political backlash.

Many Muslims and even some Roman Catholics and Jews fear France's insistence on secular values — first enshrined in the French Revolu-

tion more than two centuries ago — is unfairly crimping their ability to express their beliefs. They also worry that Hollande's government wants to score political points.

"Islam has become a political instrument," said Samia Kaddour, 26, a community activist. She has all but given up hope for a state job but is not yet discouraged enough to leave.

"I'm not a foreigner. I'm French," she said. "I love this country ... even if it has trouble liking us." THE ASSOCIATED PRESS

French law

France bars state employees from wearing prominent religious symbols such as Muslim headscarves, Jewish skullcaps or large Christian crosses in public schools, welfare offices or other government facilities.

- Two years ago, France banned Muslim veils that cover the face from being worn in public.



# IT'S OK TO LOSE THE BOOZE

"Whyyyyy aren't you drinking?" the birthday girl slurred as she glared at me from behind her heavy mascara-coated lashes. "I'm on antibiotics," I lied, because simply not being in the mood wasn't going to cut it as an excuse. For this birthday-girl booze-hound, it wasn't enough to show up to the party, I was expected to toast the occasion with a second, third and fourth drink to show my solidarity.

While peer-pressure-related alcohol consumption might seem like an issue relegated to the teenage house party and university campus, the social expectations surrounding drinking are still very much present in our post-collegiate years and beyond. There seems to be a slew of social events that require us to indulge in a few drinks in the name of friendship. From weddings and birthday parties to bachelorette weekends, it's difficult to avoid the social lubricant of choice without drawing attention to yourself.

But if you keep track of those casual drinks throughout



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

the week — a glass of wine with dinner, cocktails with friends after work, a couple of mimosas with brunch — they start to add up. The recommendation for women is no more than seven alcoholic beverages a week — for guys it's double that — but how many of us are going over that, more often than not?

Anytime I've tried to commit to a defined period of sobriety, I've failed. Not because I have a "problem," but because I tend to give in to friends who insist I join them in a glass of something or other to celebrate, commiserate or simply unwind after a long week. It's not that it's so hard to say no. It's just a lot easier to say yes. Drinking is such a ritualized part of social behaviour that abstaining usually results in being subjected to an inquisition.

But it's not just friends who lay on the pressure when it comes to alcohol. Joining your colleagues in knocking back a few drinks is a common expectation in many professional settings. In some instances, the choice to remain sober can leave you at a professional disadvantage. Mention that you'd

## Morning-after blahs

Sunday mornings are full of potential when you don't have to worry about hangovers and the "Who did I drunk-text last night?" demons.

prefer to avoid the bar during a work function or networking event and it immediately sends up a red flag that you're not being a team player.

Raising a glass might help to elevate your social capital among friends and colleagues, but there are countless benefits to saying no. You'll save money, improve your health and realize that Sunday mornings are full of potential when you don't have to worry about hangovers and the "Who did I drunk-text last night?" demons.

Drinkers love company, of course, but it's important to remember that all the skinny-girl margaritas in the world aren't going to make you a better friend.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

### Motown piano signed, sealed, delivered



MAX ORTIZ/THE DETROIT NEWS/THE ASSOCIATED PRESS

#### Welcome back to 'Hitsville, U.S.A.'

Piano technician Billy Brasile installs a keyboard cover on an 1877 Steinway grand piano used by Motown greats during the label's 1960s heyday. The prized Steinway, restored with the help of Paul McCartney, was moved back into Studio A on Monday at what is now the

Motown Historical Museum in Detroit, or "Hitsville, U.S.A."

McCartney, a longtime fan of the Motown sound who recorded several of the label's songs with the Beatles, told museum officials in 2011 that he wanted to help with the piano's refurbishment after learning the historic instrument — used by Stevie Wonder, Marvin Gaye and other

Motown legends — no longer could be played.

The piano was moved to New York for repairs, and the work was completed last August. In September, McCartney and Motown founder Berry Gordy, pictured right, played it together at a charitable event at Steinway Hall in New York City.

THE ASSOCIATED PRESS



MOTOWN MUSEUM/THE ASSOCIATED PRESS FILE

## Clickbait



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

Twitter may impose a limit of 140 characters, but even that tiny bit of text can be tedious if you're simply in the mood for photos of famous people. Follow these accounts to simplify your gawking:

#### @CelebsTogether:

A steady supply of famous faces hanging out together that wisely steers clear of paparazzi and promo shots in favour of black-and-white surprises such as Charlie Chaplin with Gandhi or Colonel Sanders meeting Alice Cooper.

#### @si\_vault:

Sports Illustrated's endless collection of famous images, delightfully inter-



laced with rarer fare such as a young Wayne Gretzky signing autographs while wearing a truly ghastly fur coat.

#### @Twisitor:

A camera in the lobby of Twitter's San Francisco office captures the well-coiffed tech stars who regularly visit, giving you a chance to put a face to the guy using the handle you wish was yours.

## Comments

**RE: Justin Bieber's Monkey Quarantined in Germany, published April 1**

Wow...I just figured it out, JB is Michael Jackson! Pop star, great dance moves and nuts.

Google posted to metronews.ca

**RE: Friend or Food? Vancouver Humane Society Bus Ads Compare Pups to Piglets, published April 1**

As soon as I saw this bus ad, all I wanted to do was put a giant decal on it that said "Because Bacon."

Kevin Dykstra posted to

metronews.ca

**RE: Four-year-old Crashes Car into McDonald's at Jane and Finch, published April 1**

If people got tickets for being stupid there would be a shortage of paper.

Xavier Leveque posted to metronews.ca

**RE: Georgia Woman's Camera Washes Ashore in Taiwan, published March 27**

Awesome!! I lost my camera in the Bahamas. I hope someone finds it!!

Skippy76 posted to metronews.ca

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: londonletters@metronews.ca



New Delhi

## India's top court issues landmark drug ruling

India's Supreme Court on Monday rejected drug maker Novartis AG's attempt to patent an updated version of a cancer drug in a landmark decision that health activists say ensures poor patients around the world will get continued access to cheap versions of lifesaving medicines.

THE ASSOCIATED PRESS

Market Minute

**DOLLAR**  
98.36¢ (-0.07¢)

**TSX**  
12,695.14 (-54.76)

**OIL**  
\$97.07 US (-16¢)

**GOLD**  
\$1,600.90 US (+\$5.20)

**Natural gas:** \$4.04 US (+2¢)  
**Dow Jones:** 14,572.85 (-5.69)

# Bears on board! Leather yoga pants! Firms yuk it up for April Fools' Day

**Gotcha.** Brands try to flex their funny bones with goofy mock ads

Canadian companies sought to generate some good-natured brand buzz Monday by releasing their 2013 April Fools' Day ads.

This year's participants included WestJet, the Toronto Transit Commission, Lululemon and Boston Pizza.

York University professor Russell Belk says well-executed humour can go viral and attract lots of mainstream media attention, but warns those that miss the mark risk offending.

He says newspapers have run April Fools' stories for decades, but social media can accelerate how widespread the best ads are seen.

Belk points to Calgary-based WestJet, whose tongue-in-cheek ads last year promoted kid-free planes. This year the airline says it's allowing



WestJet's April Fools' Day video promoted its "furry family" program, which purports to allow travelling pets of all kinds to roam free in the cabin. YOUTUBE SCREEN GRAB

any kind of animal, including bears, to roam free on board.

Meanwhile, the TTC released a video spoofing annoying things passengers do on the subway. It promoted a personal subway car that allows riders to apply makeup, do personal grooming and use

seats for bags and to stretch their legs.

Lululemon said it was introducing lululeather after partnering with local cow farmers who feed their animals organic grass and chia seeds. In addition to Cowabunga yoga pants, it would also offer Moomats

for exercise at \$208 apiece.

Boston Pizza said it was banning all buns and replacing them with new uses for pizza dough. Several ads on YouTube said it was adding to its menu pizza salad, pizza beer, and pizza cake.

THE CANADIAN PRESS



A video still of Lululemon's gag ad about a new line of leather yoga pants and mats. YOUTUBE SCREEN GRAB

More April 1 fun

- Scores of businesses in Britain and the U.S. have also issued April 1 news releases or videos.
- Google videos promoted new services such as Google Nose, which lets users scan the web for smells, and a new feature on Google Maps that allows people to search for pirate treasure.

**Download Canada's top rated newspaper app today**

★★★★★

"Just seconds after I launch the app it's ready for offline reading. Great app for when I'm on the subway!" — OL

SOURCE: Based on average rating on the Google Play™ store as of February 11th, 2013 from 1892 ratings compared to all other Canadian newspapers. Google Play is a trademark of Google Inc.

**metro**

**Crest 3D WHITE ARCTIC FRESH**

**BRUSH**

## DVD reviews



### The End of Time

**Director.** Peter Mettler

**Stars.** Richie Hawtin, Peter Mettler

• • • • •

Does it really matter what time it is? The End of Time artfully explores the human construct of hours, minutes and days, arguing that nature doesn't need watches, clocks and calendars. The poetic lens of Toronto cinematographer/director Peter Mettler has previously inquired into such elusive subjects as personal fulfillment (Gambling, Gods and LSD) and the Northern Lights (Picture of Light). Now Mettler is after his most elusive prey yet: the very human concept of how we track our very existence. Following a global path that leads him from proto-astronaut Joseph Kittinger to proton-smashing physicists at CERN's Large Hadron Collider in Geneva, Switzerland, and from a Hawaiian lava watcher to Henry Ford's defunct Detroit assembly line, Mettler makes a profound statement on what makes all of us tick.

### Killing Them Softly

**Director.** Andrew Dominik

**Stars.** Brad Pitt, Ray Liotta, Richard Jenkins

• • • • •

The drained gangsters of Andrew Dominik's Killing Them Softly drink to excess and whore around, but achieve little satisfaction. Business has been bad lately. It's the fall of 2008 in post-Katrina New Orleans, and despite constant chatter about "the American promise" from presidential candidate Barack Obama, few people dream big. Mob hit man Jackie Cogan (Brad Pitt) is disgusted by what he sees. There are elements of Scorsese's grime and Tarantino's wit in Killing Them Softly, but writer/director Dominik has his own methods. He's brilliant at using atmosphere and attitude. **PETER HOWELL**

# Dwayne Johnson, at your franchise service

**Role play.** The man formerly known as The Rock talks about being Franchise Viagra and where he'd fit in some of Hollywood's most epic series



**NED EHRBAR**  
Metro World News in Hollywood

The last time we spoke to Dwayne Johnson, he said he'd earned the nickname "Franchise Viagra" because of his knack for injecting energy into lagging movie properties like the Fast and Furious and Journey to the Center of the Earth series.

He's at it again with G.I. Joe: Retaliation, grabbing the alpha position from Channing Tatum to lead America's coolest covert military force. So we thought we'd see how Johnson could be deployed for other famous franchises — some struggling, some not. To our delight, he gave the assignment a lot of thought.

"You've got to give it thought because all these franchises are so beloved, and all of them have their own built-in mythology and affinity that's global, which makes it very special," Johnson says.

"And it reminds me of when we were kids, how cool and fun big Hollywood movies can be."

With that in mind, here are his ideas:

#### Star Wars

"What is the cross between a Sith and a Jedi? I don't know. Is there something in between that has a bit more neutrality, who vacillates between both sides? Kind of like a grey area, possibly. Being such a big fan of Star Wars and the mythology of Star Wars, my inner boy, my inner geek — which is a big geek, by the way — embodies both sides. So back when I was eight years old I was both. And I don't know what that's called. What would that be?"

#### Star Trek

"My gut tells me we would



Dwayne Johnson, left, is busy kicking ass in G.I. Joe Retaliation, which opened last Friday. HANDOUT

have to create a character that puts not only the Enterprise but the entire (Federation) at risk in terms of destruction by one man. That's where I feel like we should go with that. And I love Star Trek, by the way, but it feels like that. That's heavy, right?"

#### Indiana Jones

"That's tough. I love George Lucas, obviously. I love Harrison (Ford). OK, I hunt him down. I hunt Indiana Jones down. When I hunt him down, there's a plot twist in there somehow where I then become the hero (laughs). And I share the hero mantle of Indiana Jones with Harrison Ford. Yes. Because of my eight-year-old inner-geek."

#### Twilight

"All hypothetical, right? All hypothetical. Because this is not now saying that The Rock wants to be in Twilight (laughs). In steps the most manliest, toughest son-of-a-bitch of a vampire the world has ever seen. He grabs Kristen Stewart, pushes aside Pattinson and quietly yet firmly says, 'We are now doing away with



Forget CGI, all Dwayne Johnson needs is some green paint to become The Hulk. NED EHRBAR/MWN

our boyhood ways.' Hypothetically."

#### American Pie

"Wow. Wow, I would say... I have no idea where I would fit in that. No clue, no clue."

#### Avengers

"I got it. I think I got it. I'm going to show you something right now (pulls

out his phone). It is a great question to end on, because I have been thinking about this for some time. Sometimes there are moments in life where there are no words. This is one of those moments. And this is who I should be in the next Avengers (shows photo of himself dressed up as the Hulk for Halloween) No more CGI, just me."





Cory Monteith ALL PHOTOS GETTY IMAGES

## Substance addiction lands Glee's leading man in rehab

Glee star Cory Monteith has checked himself into rehab, according to *Us Weekly*. "Cory Monteith has voluntarily admitted himself into a treatment facility for substance addiction," his rep says in a statement. "He graciously asks for your respect and privacy as he takes the necessary steps towards recovery." While it isn't clear what substances exactly Monteith is looking for help

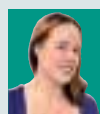
avoiding, he has opened up about his drug use in the past, telling *Parade* magazine in 2011 that he used to do "anything and everything, as much as possible. I had a serious problem." The latest rehab stint has caught friends and family off-guard. "This is a total surprise," a source tells the magazine. "He has always been very honest about how he struggled."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## Buckwild star Shain Gandee found dead



**THE WORD**  
Dorothy Robinson  
scene@metronews.ca

Shain Gandee, the former trash collector who found fame as the star of new MTV reality hit *Buckwild*, was found dead yesterday along with his uncle and an unidentified person in a vehicle in West Virginia Monday morning.

According to police officials, the vehicle was discovered at 11:30 a.m. Monday by a person on a four-wheeler, hours after



Shain Gandee has died at age 21.  
AMY SUSSMAN / INVISION/  
THE ASSOCIATED PRESS

Gandee and his group was reported missing. MTV released a statement about the situation.

"Our thoughts and prayers are with them," the network said about the Gandee family, adding that Shain "touched everyone he met and we will miss him dearly."

## Bieber's being a bad boy, and it ain't good for business

The clock is ticking on Justin Bieber's career, according to top music manager Peter Mensch, who reps acts like Metallica and the Red Hot Chili Peppers. Mensch doesn't see much of a future for the Canadian pop star after a month of hospitalizations, cancelled

concerts and dust-ups with the paparazzi. "His manager, Scooter Braun, is scared s---less. I don't know what Bieber's problem is. His career is over in three years anyway," Mensch tells the Sun. "I'd take Bieber to the woodshed and spank him."

### Twitter



**@JonahHill**  
You guys ever have such an intense sex dream about Mr. Belvedere that you wake up screaming? Me neither! That would be so weird, right?!



**@JuddApatow**  
I am worried about Beiber. He has a monkey now. I am not joking. This is headed to a bad place. He follows the path of generic disaster.



**@pattonoswalt**  
Peter Dinklage is the Dowager Countess of Westeros. #GameofThrones



**@kevin\_nealon**  
Should i consult a doctor if my energy drink lasts longer than five hours?

**HELP ME BUILD A BRIGHTER FUTURE**

The Canadian Museum for Human Rights in Winnipeg, Manitoba will be a national and international destination—a centre of learning that will encourage and educate the next generation of human rights champions.

**PLEASE DONATE**

This holiday season, please make a gift to the Friends of the Canadian Museum for Human Rights. Your donation will help build exhibits and programming that will inspire Canadians of all ages to build a better Canada, a better world and a brighter future for us all.

Donate today by visiting [friendsofcmhr.com](http://friendsofcmhr.com) or call 1.866.826.9209

**friends of THE CANADIAN MUSEUM FOR HUMAN RIGHTS**

**WHITESTRIPS**

**3**

**RINSE**

**CREST 3D WHITE**

# TAKE CARE OF THAT SMILE FOR OVER

From feeling unconfident to wanting to look our best on your wedding day, first date or class reunion, many of us have experienced those moments when we're just not pleased with our teeth. But thanks to an ever-growing choice of teeth whitening products, you can be prouder of your smile and more confident about your appearance.

Over time, our teeth can become discoloured due to the natural aging process and the things we consume, including coffee, tea, red wine, blueberries, etc. Medications can also be to blame, for example, people who took tetracycline as part of their acne treatment. Whatever the cause, it's time to banish the less-than-white smile.

Your smile is usually the first thing people notice about you. Shiny, white teeth are indicative of someone who takes pride in his or her appearance. Not surprisingly, a white smile can speak volumes at a job interview, where interviewers can be wowed by a lot more than a great resume.

Did you know that a whiter smile can make you feel and look more attractive to the opposite sex? According to a study by the American Academy of Cosmetic Dentistry, 96 per cent of respondents feel that having bright white teeth makes you more attractive to the opposite sex.

Even though you might not be destined

## THE BENEFITS OF POWER VS. MANUAL BRUSHING

Although manual toothbrushes have become significantly more advanced over the years, many people have opted to trade in their classic brushes for powered ones. Why go for the power? In addition to the obvious answer that the brush does most of the work for you, here are a few other advantages:

- Gives you a better overall cleaning – The heads of electric toothbrushes are designed to rotate and whirl in ways that remove plaque from your teeth better and more quickly than manual ones. Power brushes also penetrate under the gum line which is helpful in reducing gingivitis.
- Is easier to handle and to hold – Larger, ergonomically designed handles make brushes easier to grip — a valuable feature for people who have arthritis, dexterity issues or carpal tunnel syndrome.

- Makes you brush for the right amount of time – Built-in timers let you know when you've brushed for two minutes (the time recommended by the Canadian Dental Association).
- Prevents over-brushing – Pressure sensors indicate if you're brushing too hard. Over-brushing can lead to tooth sensitivity and receding gums.
- Provides a greener alternative – With electric brushes, you only need to replace the head once every three months instead of the entire brush.

- Offers other convenient features: Some electric brushes make the tooth brushing time even easier for you by automatically dispensing toothpaste for you. The one complaint you might hear about the power toothbrush is that it's more expensive than a manual toothbrush.

True, but isn't your long term oral health and well-being worth it?



## A WHITER SMILE FOR SPECIAL OCCASIONS

“DID YOU KNOW THAT A WHITER SMILE CAN MAKE YOU FEEL AND LOOK MORE ATTRACTIVE?”

Whether you're about to walk down the aisle, getting ready for your high school prom, preparing for your first real job interview, or some other major event, there's one look that suits every occasion — whiter smile.



# OVERALL HEALTH

for Hollywood, a set of whiter teeth can make you feel like a star. True, your next starring role might be in a graduation picture or next your holiday party, but even so, a brighter smile can make all the difference in the world.



If you are thinking about whiter shade of white, there are a few options available, ranging in price from less than \$20 up to about \$2,000.

## Going to a professional

A dental professional cleans and removes of any plaque along your gum line. Once this is done, a peroxide-based gel is applied to your teeth followed by a special light that activates the gel. The process usually takes about an hour, and can whiten teeth several shades. The cost can range from \$300 to \$2,000 depending on the system, the technology, and the effort required to achieve desired results.

## Tailored whitening kits

Using impressions of your teeth the dental professional creates a tailored whitening tray and provides a peroxide-based teeth whitening gel to be used with the tray.

Some can be worn at night, others during the day. Trays should be worn daily for optimal results. Customized trays can cost anywhere from \$100 to \$800.

## Over-the-counter options

If you're watching your budget or don't have the time to visit your dentist you might want to try over-the-counter products like strips for whitening. You'll find these products at pharmacies, and drug and grocery stores where they range in price from \$15 to \$60. Although they do not offer the same whitening power as professional at-home bleaching kits, these products do produce noticeable results.

An important thing to remember is that the level of whiteness will vary among individuals. What works for a friend might not work for you. Talk to your dental professional to see if you're a good candidate for teeth whitening.



## REASONS WHY IT'S IMPORTANT TO FLOSS

Consider dental floss one half of a powerful plaque-fighting duo that also includes the trusted toothbrush. If you think flossing doesn't need to be part of your daily oral health routine, here are six reasons to help change your mind.

**Thwart tooth decay:** Only dental floss can remove plaque from between your teeth where cavities can easily form.

**Avoid gum disease:** Flossing helps to prevent periodontal disease, which is one of the main causes of tooth loss.

**Prevent tartar build-up:** Flossing can slow down the accumulation of tartar.

**Defend against bad breath:** If plaque is left between your teeth, it will produce a bad smell in your mouth.

**Reduce heart attack risk:** Dangerous bacteria contained in plaque can enter the blood stream and cause heart disease.

**Ready to get flossing?** Talk to your dentist about what types of products will be most effective for you.

# We're just big bags of icky stuff, and other science facts

**New book.** Author of *Gulp: Adventures on the Alimentary Canal* takes on the gloppy, sticky part of digestion

SHAUN  
BRADY  
Metro World News

Mary Roach built her career on exploring aspects of the human body that go overlooked by most writers.

In most cases, an interview subject suffering from a bad cough wouldn't be an ideal situation.

But it's oddly appropriate when the subject is Mary Roach, who can excuse herself with, "Speaking of mucoid substances, I'm launching some of them into your ear right now."

Roach has built her career on her delight in probing aspects of the science of the human body that most people would rather just ignore. In *Stiff: The Curious Lives of Human Cadavers*, she followed the body through its many strange post-mortem pathways; in *Packing For Mars*, she uncovered the less glorified side of the space program through zero-gravity toilets and long-term bed rest.

In her latest, *Gulp: Adventures*



"It was the last taboo that I haven't covered," Roach says of her latest endeavour. CHRIS HARDY

tures on the Alimentary Canal, Roach trains her sardonic, steel-stomached curiosity on the science of eating and digestion, finding laboratories where pet food is taste-tested, windows are opened onto a human stomach (literally), and those aforementioned mucoid substances are gathered and examined.

"It was the last taboo that

I haven't covered," Roach says of her latest endeavor.

"Once you take food off the table and put it into your body, it becomes an object of revulsion. People get very flipped-out and disgusted, so it's yet another topic that I thought it would be fun to pull apart and explore."

As with *Bonk*, her book about the science of sex,

Roach is particularly fascinated by the way in which subjects that give us such pleasure have so many aspects we find utterly repulsive.

"We have a little bit of disgust for all of our biological processes," she says. "I don't think that eating is unique in that way — if you strip away love and lust and all the higher trappings of sex and you



## Chow down

"Once you take food off the table and put it into your body, it becomes an object of revulsion."

Author Mary Roach  
Talking about what you can find in her new book *Gulp: Adventures on the Alimentary Canal*

just take it down to what the bodies are doing and the substances involved, it becomes icky. Any time you peel away the skin and reveal the fact that we're just big bags of digesting, secreting, pumping, gloppy, sticky, icky stuff, it's upsetting."

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# The pressure is on to make tasty spring-friendly risotto

Pressure cookers can be intimidating. They seem fussy — and scary! But you may be sold after you make risotto, a dish that by definition is tedious to make.

It simplifies the process and — most impressively — speeds it up. What normally takes 45 minutes in a traditional sauté pan is done and ready to serve in about 20.

## Ingredients

- 2 tbsp extra-virgin olive oil
- 1 large shallot, chopped
- 1 cup Arborio rice
- 1/2 cup white wine
- 2 cups no-salt chicken broth
- Pinch of salt, plus more to taste
- Pinch of red pepper flakes
- 1 tbsp butter
- 1 cup small asparagus tips and tops, cut into 1-inch pieces
- 1 cup shredded Parmesan cheese
- 1/8 cup chopped fresh chives



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In pressure cooker over medium, heat oil until shimmering. Add shallot and sauté

for 3 minutes, or until translucent. Increase heat to high and add rice, stirring to coat. Toast

the rice, stirring constantly, for 2 minutes. Add wine and cook until evaporated.

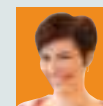
2. Add broth and pinch each of salt and red pepper flakes. Stir until mix comes to a simmer, then lock on pressure cooker's lid. Set timer, 9 minutes. Bring cooker up to full pressure, then reduce heat to maintain that level. Cook until timer goes off.

3. Take cooker off heat and wait 3 minutes, then put pot in sink and run cold water over it to release pressure. Open cooker; the rice should be creamy. Return pot to stovetop over medium heat. Add butter, asparagus, cheese and chives. Stir until heated through and butter and cheese have melted. Season with salt and pepper.

THE ASSOCIATED PRESS / ELIZABETH KARMEL, AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.

## Health Solutions

### Peas save Easter leftovers



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

Easter is over and you are left with a few scraps of ham and a ham bone. Well, now, that sounds like pea soup.

Dried peas or legumes are delicious, nutritional powerhouses containing high amounts of fibre, protein and minerals including the liver cleansing one, molybdenum.

Given that you probably cleaned your house with (liver damaging) smelly chemicals for the holidays and then indulged in a whack of sugar (also liver damaging), a little molybdenum can go a long way. #StuffNutri-

tionistsSay.

Dried split yellow peas have been consumed for millennia and they are the traditional variety chosen for French Canadian Pea Soup.

The process couldn't be simpler. Place ham bone and scraps into a slow cooker with 2 cups of dried yellow split peas and 10 cups of water or broth. Add one chopped onion, one chopped carrot, 2 bay leaves and a teaspoon of thyme. Go to work. In 8 hours or so you will have a thick, healthy, delicious soup. Freeze leftovers in single serving sizes and enjoy on each and every rainy day yet to come.

Theresa Albert is a food communications specialist and private nutritionist in Toronto. She is @TheresaAlbert on Twitter and found daily at myfriendinfood.com



# Dead or alive, for some celebrities fame just sticks

Reality TV stars may come and go, but a new study suggests true fame is enduring.

The research finds that people who achieve real celebrity remain famous for years, making frequent appearances in newspapers over periods of decades. The work bucks the widely held notion that fame is ephemeral, a belief held both by average individuals and by those who study the sociology of fame.

Eran Shor is an assistant professor of sociology at Mc-

Gill University and is one of the authors of the study, which is published in the American Sociological Review.

He and his co-authors used large collections of newspaper archives that spanned decades to study the issue, looking at people in sports and politics and the field where fame is thought to be most fleeting — entertainment.

They found that even a dead celebrity like the eccentric billionaire Howard Hughes continues to feature in news

articles long after his death.

"The large, large, large majority of people who get famous stay famous. For a long time. How long, it depends on how famous they got," Shor says.

Shor undertook the work with two colleagues from Stony Brook University, along with a software engineer from Google.

This portion of their ongoing work looks at figures in entertainment.

From a list of tens of mil-

lions of names that appeared in the entertainment sections of more than 2,000 newspapers between 2004 and 2009, a random sample of 100,000 names was drawn.

The names were then analyzed to see which appeared most often, with the top 10 from the sample selected for study. And then those names were tracked to see if people who were frequently written about for one year had sustained fame.

The top 10 were actors

Jamie Foxx, Bill Murray, Natalie Portman, Tommy Lee Jones, Naomi Watts, John Malkovich, Adrien Brody and Steve Buscemi. Rounding out the group were music producer (and convicted murderer) Phil Spector and the late inventor and billionaire Howard Hughes.

"Here's a group of people that are fairly famous, but perhaps not the most famous of them all — and all of them stick. All of them stay around from year to year. We know

## Stuck in my head

"We're basically coming out and saying not only is fame not (fleeting), it's extremely sticky."

Eran Shor, assistant professor of sociology at McGill University

who they are, the papers keep writing about them, they stay in some kind of a celebrity (mode). They didn't go away."

THE CANADIAN PRESS

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# One small business, and one giant step for youth employment



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

Take an innovative restaurant in Toronto called The Depanneur, add in a guest program for young chefs-in-the-making, stir, season and serve up a dish that helps solve youth unemployment.

OK, maybe I'm stretching it a bit, but owner Len Senater is using his business to help young chefs, such as my daughter and recent graduate, Quinn Cruise, get started.

Recently, she created Japanese Hambaagu, a sushi rice bowl topped with slider-like Asian meatballs, creamy mushrooms, a fried egg, edamame and a side of Japanese pickle. Drooling yet?

The guest chef develops a dish, pays for the ingredients and keeps a portion of the take.

Supported by a volunteer sous-chef, well-known vegan and raw chef, Mary Hulbert, Quinn cooked up a storm and pocketed \$175 before expenses.

This isn't just a make-work program. If every business were as creative as Senater's, un-

employed or underemployed youth would have the opportunity to demonstrate their skills in the marketplace.

This very small business (affectionately called The Dep) offers up to 150 young chefs a shot annually. Multiply this by giant, mid-size and small enterprises across the country and Canada could develop a concerted effort to provide work experience for the young.

And benefits accrue to the host. "It's also inherently viral," Senater points out. "Each new chef brings friends and family to their events, introducing the Dep to way more people than I could on my own."

Many businesses have internships, but it's so random that finding them can be difficult. In contrast, a nation-wide program, including a central database, to help youth find job experience would not only be a productivity boost, but would pay forward into the impending employee shortage when the baby boomers finally retire.

Even better, a percentage of these positions should be earmarked for those with disabilities. Among this group the unemployment rate hovers in the 60 per cent or greater range. My job-seeking daughter is deaf



Quinn Cruise in the kitchen of The Dep. CONTRIBUTED

and part of that statistic.

"This experience really showed that I don't need hearing to be a good chef," Quinn says. "It also gave me a good idea about what to expect when I might head a restaurant

one day."

It all adds up to a win-win in my books.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



## Debt payments. Four credit score myths busted



Separate the credit score myths from the facts. NEWS CANADA

Your credit score is a three-digit number ranging from 300 to 900 that tells future lenders how risky it is to lend you money based on your history of making debt payments.

There are many misconceptions about what it takes to keep your score high. We asked Henrietta Ross, the CEO of the Canadian Association of Credit (CACCS) to help us sort fact from fiction:

### Myth 1

You must use major credit cards to build a good score.

### Truth

If you're unable to obtain a major credit card, there are other ways to build your credit history. Making regular payments on instalment loans such as a car lease can positively affect your score, as do department-store cards and secure credit cards, which require a cash deposit in the amount of the credit limit.

### Myth 2

You can't make up for mistakes such as late payments.

### Truth

It takes time, but your credit will become positive as you

build consistency with timely payments, Ross says. How much time it will take depends on a number of factors, including how long the late payment has been on your record and how long you've had the debt.

### Myth 3

Paying cash boosts your score.

### Truth

You need to use credit in order to demonstrate your ability to make payments. Using credit at least once every 30 days and making payments on time will keep you in good standing, says Ross.

### Myth 4

I will not qualify for a mortgage if I've had a poor credit score.

### Truth

Lenders look at your entire financial picture, including your assets, available cash flow and debt-to-income ratio. They'll also review your housing expense-to-income ratio, which is a comparison of your expected monthly mortgage payment with your gross monthly income. For more information on buying a home please visit, [genworth.ca](http://genworth.ca) NEWS CANADA



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\*Based on \$12,000 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ©/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

# Jacked-up Blue Jays ready for game day

**MLB.** Toronto manager says Canada's new and improved squad is 'excited to get this going'

Colby Rasmus' T-shirt showed a Blue Jay between a set of weights, with the words "Nothing is given, everything is earned" on the back.

It's a motto worth remembering this season, even in the luxurious man-cave that serves as the Jays' clubhouse in the bowels of Rogers Centre.

Stocked with talent from Alabama to British Columbia and the Dominican Republic to Venezuela, this Toronto team is already seen as one of the best that money can buy.

The first question manager John Gibbons got Monday was a somewhat glib query from a local TV anchor asking if the news conference format would be the same in the post-season.

Gibbons laughed, a little awkwardly, before answering "Let's hope so."

Expectations are sky-high ahead of today's sold-out opener against the visiting Cleveland Indians.

"Really you can't go anywhere without hearing something about the Blue Jays," acknowledged Gibbons, who starts his second stint at the club's helm. "That's why we're excited to get this going. Opening days are always exciting, but it can be a hassle too because you're drawn every



Manager John Gibbons leans against a batting cage while watching his players as the Blue Jays practise in Toronto on Monday in preparation for their opening day of the new season. CHRIS YOUNG/THE CANADIAN PRESS

which way.

"So we'd like to get that behind us, hopefully get a win out of the way and then move on from there and then play some regular baseball. But we're excited. We're ready, we've got a good team, we'll see what happens."

The high hopes come with a high cost.

Toronto's payroll is north of \$125 million US, which only ranks eighth in the crazy money world of major league baseball. The Los Angeles Dodgers and the Yankees are

both over \$220 million.

The injury-plagued club that went 73-89 to finish fourth last season in the AL East has been bolstered by the additions of pitchers R.A. Dickey, Josh Johnson and Mark Buehrle.

The infield has been reinforced by all-star shortstop Jose Reyes, Emilio Bonifacio and Maicer Izturis, while Melky Cabrera takes over left field.

Like a Formula One race car in the starting grid, the Jays are polished and purring waiting for the green light.

THE CANADIAN PRESS

## Good to go

- Slugger and team leader Jose Bautista has recovered from the wrist surgery that cut his 2012 season short.
- GM Alex Anthopoulos has brought in veterans like Mark DeRosa and Henry Blanco to mentor the likes of Brett Lawrie (who starts the season on the DL) and catcher J.P. Arencibia.

## MLB

### Red Sox rout Jeter-less Yankees 8-2

Pitcher Jon Lester and the Boston Red Sox got off to a quick start after a dreadful 2012 season, giving new manager John Farrell an 8-2 win over the barely recognizable New York Yankees, whose star Derek Jeter is out with a sore ankle, on opening day Monday.

Newcomer Shane Victorino led a revamped Red Sox lineup with three RBIs and rookie Jackie Bradley Jr. walked three times and scored twice in his big-league debut. Boston's big day against CC Sabathia (0-1) came a year after it lost its first three games under Bobby Valentine and went on to a 69-93 finish.

THE ASSOCIATED PRESS

## NHL

### Crosby, Subban, Bobrovsky earn March stars

Sidney Crosby's broken jaw was the unfortunate end of a spectacular month.

The NHL named Crosby the first star for the month after the Penguins captain's 25 points in 15 games helped Pittsburgh go undefeated in March.

Montreal defenceman P.K. Subban was named second star, while Columbus goaltender Sergei Bobrovsky took third star.

In weekly award winners, Toronto forward Joffrey Lupul was named first star, followed by San Jose goaltender Antti Niemi and Edmonton forward Taylor Hall. THE CANADIAN PRESS

# 'Fearless' Tommy Hughes signs with Rangers

Tommy Hughes is a man of few words.

The London Knights defenceman, an absolute rock on the back end, became the newest member of the New York Rangers organization Monday after inking a three-year entry-level NHL contract.

Hughes, who went unselected in the past three NHL drafts, hasn't flown under the radar only on the ice. Away from the battles in the corners, the 20-year-old Londoner goes about his business with minimal fuss.

"It's pretty crazy," said Hughes, pausing for a few



Tommy Hughes CONTRIBUTED

seconds to collect himself while in the spotlight. "It still hasn't really sunk in yet." The Rangers invited Hughes to their development camp last summer, but he was unable to attend because of a broken foot.

## Round 2

The OHL Western Conference semifinal matchup has been set. The London Knights will face the Kitchener Rangers.

- Games are 7:30 p.m. Friday in London; 1:30

p.m. Sunday in London; 7 p.m. April 8 and April 10 in Kitchener.

- If Games 5, 6 and 7 are needed, they'll be April 12, 14 and 16.

New York's scouting staff has chatted with Hughes for more than a year now, talking after games as recently as a couple of weeks ago.

Contract negotiations between management and his

agent, however, didn't heat up until a couple of weeks ago.

"I heard (the Rangers were ready to sign me) after our game in Saginaw, so it wasn't much of a distraction," Hughes said. "It's an Original Six team,

which is pretty amazing."

The stay-at-home blueliner was an OHL walk-on, graduating from the London Jr. Knights AAA major midget team for the 2009-10 season. Since then, the six-foot-two, 215-pounder has appeared in a total of 202 games in green and gold.

Over that time, Hughes has notched only four goals. Despite boasting a heavy shot, his value lives entirely in London's end.

"He blocks shots, he's fearless out there," Knights head coach Dale Hunter said. "He just kept getting better and better every year." JOHN MATISZ/METRO





## Horoscopes

### Aries

March 21 - April 20

What would you do if you knew all things were possible? So do it. Cosmic activity is so much in your favour at the moment that anything you try this week will work out well, maybe even spectacularly.

### Taurus

April 21 - May 21

The more you push, the more others will resist you and the more frustrated you will get. Maybe you should take the hint and stop trying so hard. Everything will work out for the best.

### Gemini

May 22 - June 21

The thing you most need to remember today is that other people need you more than you need them. Maybe you should find a way to remind them how much they struggle when you're not around.

### Cancer

June 22 - July 23

So you crave fame and fortune? There's a downside: loss of privacy and everything that goes with it. You don't care and you still want it? OK, now's the time to make your move.

### Leo

July 24 - Aug. 23

Is there a belief or code of conduct that guides your actions? Is it living up to what you expected of it? If not, now is a good time to think in different directions. There are many paths to the ultimate goal.

### Virgo

Aug. 24 - Sept. 23

This may be a serious time for you but it's by no means unfavourable. In fact, you will find over the next 24 hours that business and financial matters go exceedingly well. No, really, there's no catch.

### Libra

Sept. 24 - Oct. 23

Go your own way, do your own thing today and don't worry what others think of it. Every now and again you need to get away from the crowd, and this is one of those times.

### Scorpio

Oct. 24 - Nov. 22

You may not be looking forward to a new responsibility but neither should you be facing it with so much anxiety. The worst rarely happens and once you get in the swing of things, you'll sail through.

### Sagittarius

Nov. 23 - Dec. 21

Aim to be the best at what you do, today and every day. You've had your five per cent inspiration, now you need to start building up perspiration — that's the other 95 per cent.

### Capricorn

Dec. 22 - Jan. 20

This may be one of those days when everything you say is taken the wrong way. Be that as it may, you must not stop talking. You have a message to get across and the world needs to hear it.

### Aquarius

Jan. 21 - Feb. 19

You may be dealing with a number of serious things but you are still allowed to have fun. Make time in your busy schedule to visit a friend who needs cheering up. It will cheer you up too.

### Pisces

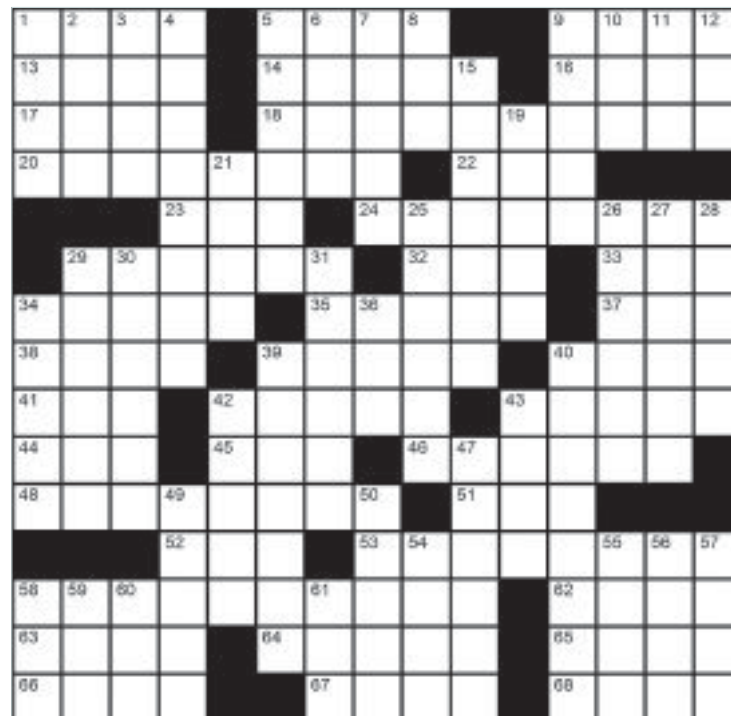
Feb. 20 - March 20

You may not be the most practical member of the zodiac but you know what you like and you know how to get it. You also know that you should never let a good opportunity slip away, so get busy. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. Sports org.
5. Up for it
9. Schooling reason, for short
13. Lofty title
14. Mr. Jannings, and others
16. Filing cabinet abbr.
17. Sir Guinness
18. NDP leader: 2 wds.
20. Stanley \_\_, role in "A Streetcar Named Desire" (1951)
22. "\_\_\_ Another Day" (2002)
23. Margarine holder
24. Jim Carrey/Matthew Broderick movie, "The \_\_\_" (1996)
29. Self-sacrificer
32. Void, in Paris
33. Single
34. November's birthstone
35. 'Singing Cowboy' Gene
37. Time period
38. Rio's locale, for short
39. Suspicious
40. River of Russia
41. Q. "Is \_\_\_" that Canada begins with?" A. "Yes."
42. Uniform symbol
43. Way to buy movies, \_\_\_
44. Encouraging exclamation!
45. Slangy one-eighty turn
46. Snake-haired Gorgon
48. Clothes-storing furniture pieces



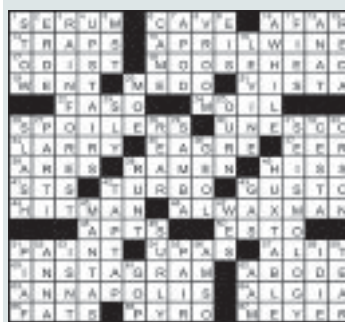
51. Points out a suspect, for short
52. Languish
53. Tabasco, for one: 2 wds.
58. Canadian band, Bedouin \_\_\_
62. After shave brand
63. Plinth

64. "\_\_\_ Was a Lady"
65. Cheerful music
66. "\_\_\_ better believe it!"
67. "Back in the \_\_\_" by The Beatles
68. Prefix meaning 'Outer'
- Down**
1. Escape
2. \_\_\_ Alto, California

3. Mushroomed
4. Infamous prison
5. What Ringo does with 'a little help' from his friends: 2 wds.
6. "Star Trek" episode, \_\_\_ Time
7. Imitate
8. Street for Freddy
9. Host an event

10. Prefix to 'gram' (Drawing)
11. \_\_\_/\_\_\_ (Them/You opposite)
12. "Proud Mary" gr.
15. Home of the Big Nickel in Ontario
19. Canadian actress, Evangeline \_\_\_
21. Kellan of 'Twilight' movies
25. Pre-sporting event song
26. Defends
27. \_\_\_ Bay, Nunavut
28. Give way
29. Bricks and \_\_\_
30. Helicopter Prince Harry flies
31. Viking, for one
34. "Grease" (1978) gang member, \_\_\_
36. 18th U.S. President ...his monogram
39. Tin-glazed earthenware
40. Broken/needs to be replaced
42. Worked in a restaurant
43. Betting likelihoods
47. "Take your pick."
49. Church council
50. Fish that are like herrings
54. Suffix with 'Psych'
55. Type of acid
56. "She Sells Sanctuary" by The \_\_\_
57. 'Palm' suffix
58. Tofu base
59. Gold, in Spain
60. Arctic knife
61. Fiji's \_\_\_ Islands

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



**Today**

0°/-6°  
Flurries  
40%

**Wednesday**

1°/-4°  
Partly cloudy

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